



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09033, Apricots, dried, sulfured, stewed, without added sugar

Report Date: May 22, 2017 02:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	357	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	1.20	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Total lipid (fat)	g	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Ash	g	0.91	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Carbohydrate, by difference	g	22.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Sugars, total	g	19.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	19	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Iron, Fe	mg	0.94	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Phosphorus, P	mg	25	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Potassium, K	mg	411	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Zinc, Zn	mg	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Copper, Cu	mg	0.121	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Manganese, Mn	mg	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Selenium, Se	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Thiamin	mg	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Riboflavin	mg	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Niacin	mg	0.915	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Pantothenic acid	mg	0.211	--	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-6	mg	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	4.9	--	--	--	--	--	--	--	--	Calculated or imputed	09032	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	64	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	765	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Vitamin A, IU	IU	1275	--	--	--	--	--	--	--	--	Calculated or imputed	09032	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Vitamin E (alpha-tocopherol)	mg	1.53	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Lipids													
Fatty acids, total saturated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
16:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Fatty acids, total monounsaturated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
18:1 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Fatty acids, total polyunsaturated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
18:2 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09032	01/2003
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ¹	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Threonine ¹	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Leucine 1	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lysine 1	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Methionine 1	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cystine 1	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Phenylalanine 1	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Tyrosine 1	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Valine 1	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Arginine 1	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Histidine 1	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Alanine 1	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Aspartic acid 1	g	0.331	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Glutamic acid 1	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Glycine 1	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Proline 1	g	0.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Serine 1	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2c, 1999 Beltsville MD